

SOME
WOMEN ARE
DISCOVERING
THE SECRETS
TO TAKE
A STAND
AGAINST AGING...

Congratulations.
Your life
is about to change
for the better.

For more information call the Texas
Department of Health at **1-800-242-3399**
or check our website at www.tdh@state.tx.us



10-75-3-99



THEY START BY DOING
THESE SIMPLE THINGS.

MAKE sure you're consuming 1,000 mg. of calcium a day before menopause. After menopause or after a hysterectomy, a woman should consume 1,500 mg. of calcium a day from her diet or supplements. (Calcium levels: 1 cup skim milk - 302 mg.; 1 cup yogurt - 415 mg.; 1.5 oz. cheddar cheese - 434 mg.; 1 cup broccoli - 136 mg.)

GET enough vitamin D (400-600 IU), which helps your body use calcium. Taking multivitamins, being in the sun about 5 to 15 minutes a week, or drinking vitamin D fortified milk will provide enough vitamin D.

DO weight-bearing exercise such as walking, jogging, dancing and gardening at least three times a week.

DON'T smoke. Limit use of alcohol and caffeine because they take calcium away from your bones.

CHECK with your doctor about estrogen replacement therapy or alternatives.

"I learned a long time ago to take care of myself with diet, exercise and calcium."



Calcium doesn't have to go "Moo"

You can get a lot of great calcium from the foods you eat. Some good sources of calcium are fortified orange juice, beans, molasses, sardines, tofu and soy products, oatmeal and broccoli. (Calcium can go "moo" too... like macaroni and cheese, milk and ice cream.)

SOME STRAIGHT TALK ABOUT STANDING TALL.

RIGHT NOW, YOU CAN FEEL YOUR WISDOM, STRENGTH AND BEAUTY. YOU KNOW THINGS IT TOOK A LIFETIME TO "GET." BUT TWO THINGS YOU DON'T HAVE TO GET ARE BRITTLE BONES OR A STOOPED-OVER BACK. THEY ARE NOT NATURAL PARTS OF AGING. IN FACT, THEY CAN BE PREVENTED.

EVERY WOMAN STARTS LOSING BONE MASS IN HER 30'S. AND AS WE ENTER "THE CHANGE" OR MENOPAUSE, THAT LOSS IS SPEEDED UP BECAUSE OUR BODIES PRODUCE LESS ESTROGEN, WHICH IS IMPORTANT TO BONE STRENGTH. WHEN THE BONE LOSS IS SEVERE, IT'S CALLED OSTEOPOROSIS. AND THAT'S WHAT YOU CAN HELP PREVENT. SO GET THE FACTS FROM YOUR DOCTOR. TAKE THE STEPS YOU NEED TO TAKE CHARGE OF "THE CHANGE" AND COME ON STRONG FOR THE REST OF YOUR LIFE.



TAKE CHARGE OF "THE CHANGE"

Bring these questions with you when you visit your doctor, so that you can get the answers you need by the time you leave.

- > **Can you give me some general information, such as a brochure, about "the change" (menopause)?**
- > **How can I prepare for "the change"?**
- > **Can I handle menopause naturally, or do I need to consider estrogen replacement therapy or alternatives?**
- > **Do any of my medications have side effects?**
- > **I've heard of a bone density test. Do I need one? How much does it cost? Is it covered by insurance?**

Want more tips on staying young, eating right and making all the right moves as you mature?

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